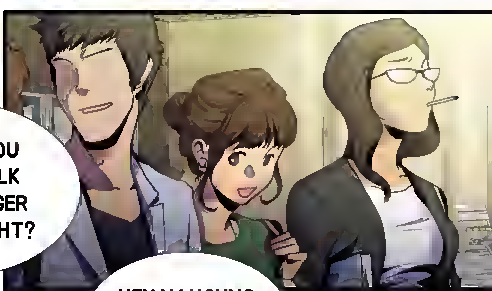
OH RIGHT!
I'VE GOT
WORK TOOAY.


THEN OO YOU
WANNA TALK
ON MESSENGER
LATER TONIGHT?
HEY NAYOUNG,
WHEN ARE
YOU FREE?

JAEON YEON,
TWENTY-TWO.
HE'S ALWAYS HAO AN
INTROVERTEO PERSONALITY
BUT IT HAS GOTTEN MORE SEVERE
SINCE ENTERING UNIVERSITY
AS IT WAS A NEW ENVIRONMENT
ANO THERE ARE LOTS OF
PRESENTATION LATELY.
BUT IT'S NOT
THE LEVEL OF SEVERE
SOCIAL ANXIETY.
WITH SOCIAL ANXIETY,
THERE ARE CASES WHERE IT
HAS GOTTEN WORSE OUE TO
A CONCRETE EXPERIENCE,

WHAT ABOUT WHEN YOU STOP A STRANGER ON THE STREET
TO ASK THEM FOR THE TIME OR DIRECTIONS?
AH, WELL I HARDLY EVER DO THAT, SO...
I'D PROBABLY BE UNCOMFORTABLE.
AH, RIGHT.

Read the comics on LINE WEBTOON to support the artists!
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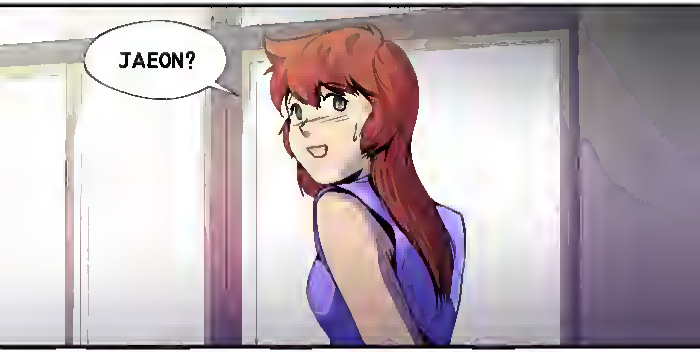
SEONGA.
YEAH?
THANK YOU, I'M ALWAYS NERVOUS WHEN I TALK TO GIRLS..
BUT YOU'RE REALLY EASY TO BE AROUND.
IS THAT AN INSULT OR A COMPLIMENT?

SEONGA-
ARE YOU THERE?

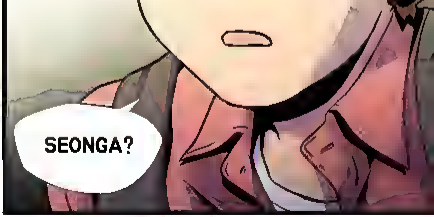

JAEON?

YONGGANG UNIV
PSYCHOLOGY DEPARTMENT
ON-CAMPUS
COUNSELLING
CENTER
R-REALLY, PROFESSOR?
ME?

THERE ARE SEVERAL CONCRETE CAUSES FOR IT.
BUT THERE ARE A LOT OF CASES REPORTED IN KOREA AND JAPAN IN WHOSE CULTURES PEOPLE ARE VERY SENSITIVE TO HOW OTHERS VIEW THEM.

NAYOUNG HAD A COMPLETELY OPPOSITE PERSONALITY TO MY INTROVERTED PERSONALITY SO SHE ALWAYS TOOK CARE OF ME
JAEON OPPA! ARE YOU GOING TO EAT ALONE AGAIN!?
I GOT PAID TODAY! I'LL TREAT YOU!!
OPPA. CAN YOU HELP ME WITH MY REPORT...

EXCUSE ME...

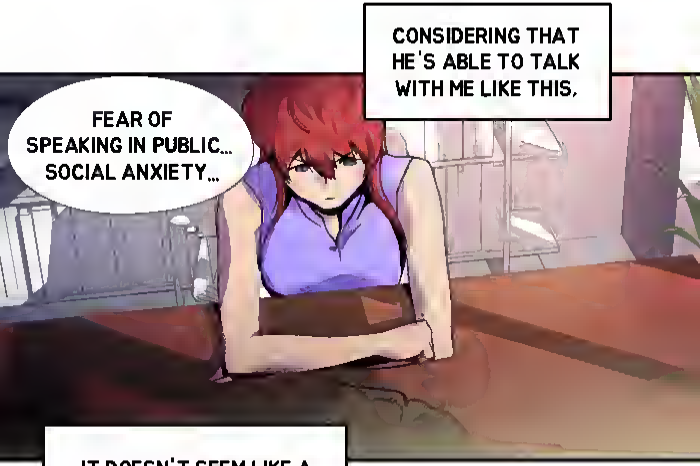


WHAT DO YOU THINK WHEN YOU'RE ANXIOUS?
CAN YOU TELL ME IN MORE DETAIL?
WHAT?
AH.. IN DETAIL

I THINK I GET NERVOUS THAT I'LL MAKE A MISTAKE
OR THAT I'LL LOOK STUPID FOR SHAKING TOO MUCH.
A MISTAKE..

WELL WHATEVER, IT'LL BE MORE FUN WITHOUT HIM THERE ANYWAY.
JAEON OPPA...

CAN'T YOU HELP ME OUT, SEONGA?
WHAT?
THAT PROFESSOR'S SCARY.


CONSIDERING THAT HE'S ABLE TO TALK WITH ME LIKE THIS,
FEAR OF SPEAKING IN PUBLIC... SOCIAL ANXIETY...
IT DOESN'T SEEM LIKE A SEVERE SOCIAL ANXIETY.

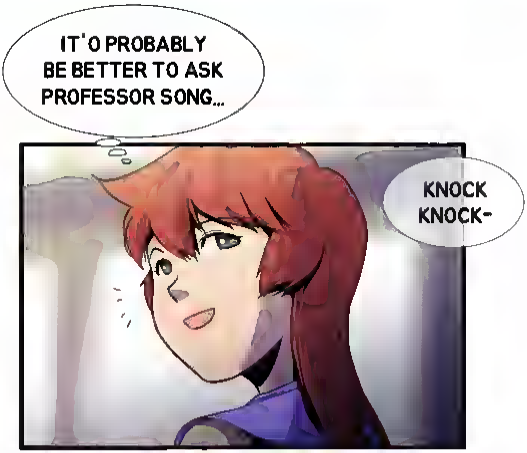
DON'T WE HAVE A DEPARTMENT MEETING TONIGHT TOO?
THEN I WON'T BE ABLE TO GO BECAUSE OF ASSIGNMENT.
WHAT?? NO WAY~
NAYOUNG, IF YOU DON'T COME, MANY OTHER GUYS WON'T COME TOO.

IRRITABLE BOWEL SYNDROME (IBS)

A CHRONIC ILLNESS IN WHICH SYMPTOMS OF STOMACH PAIN AND DIARRHEA OCCASIONALLY SURFACE IN SPITE OF THE BODY BEING IN A NORMAL CONDITION

AND CASES WHERE IT'S CAUSED BY A VAGUE SENSE OF ANXIETY IN SPITE OF THERE BEING NO REAL CAUSE.
JAEON SAID IT IS THE LATTER ONE.
SO IF I WRITE UP... A TREATMENT PLAN LIKE THIS...

HOW SHOULO I GET REAOY FOR THE CASE STUOIES?
SHOULO I ASK PROFESSOR SONG?
EXCITED
EXCITED
OR PROFESSOR OH?


IT'O PROBABLY BE BETTER TO ASK PROFESSOR SONG...
KNOCK KNOCK-

I DID PUT THE CASE STUDY ANALYSIS FOR NARI CHOI'S PANIC DISORDER ON MY DESK.
SO HAVE A LOOK AT IT.
I WROTE IT UP ACCORDING TO PROFESSOR CHUN'S STYLE.
SO IT'LL PROBABLY HELP WITH YOUR EARLY GRADUATION EVALUATION.

YOU RETOOK THE COLLEGE ENTRANCE EXAM?
BEING A YEAR OLDER THAN EVERYONE'S NOT A BIG DEAL!
I'LL CALL YOU OPPA THEN, OKAY?
AH...
O-OKAY

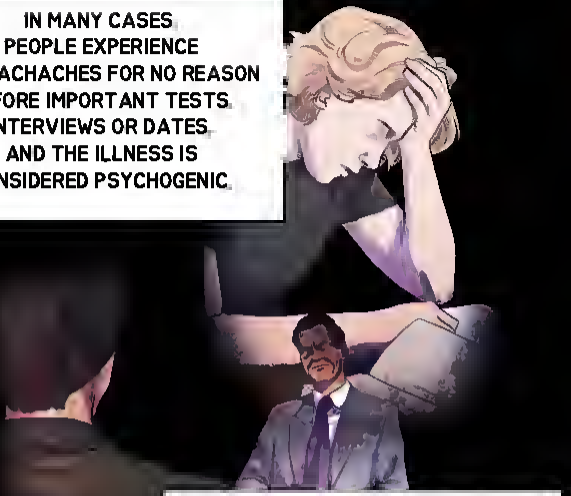
HM~~
I OION'T KNOW YOU LIKE NAYOUNG~
HEHE I HAO NO IOEA!?
O-OON'T ACT LIKE THAT!!
I'M BEING SERIOUS~

SOCIAL
ANXIETY DISORDER

PEOPLE BECOME OBSESSED
WITH HOW OTHER PEOPLE
WILL LOOK AT THEM

AND THEY BEGIN TO
FEEL ANXIETY AND FEAR
BEING IN FRONT OF OTHERS

IN MANY CASES
PEOPLE EXPERIENCE
STOMACHACHES FOR NO REASON
BEFORE IMPORTANT TESTS
INTERVIEWS OR DATES
AND THE ILLNESS IS
CONSIDERED PSYCHOGENIC



IN MANY CASES
THE CAUSE IS KNOWN TO BE STRESS
SO A LOT OF RESEARCH IS BEING
DONE ON THE PSYCHOLOGICAL
CAUSES FOR IT

WOOHOO

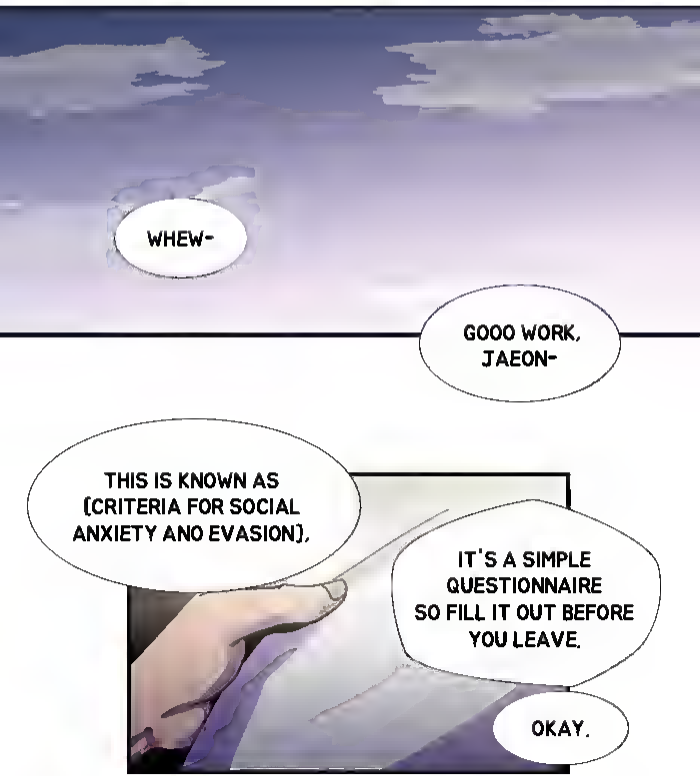
ANYWAY,
I'M JUST LETTING
YOU KNOW.
SO WHILE I'M
ON MY BUSINESS TRIP,
WRITE UP A PLAN FOR
SOME CASE STUDIES.
...!
STOP

JONGBEOM LEE

EXPERTS CONSULTED:
[HYEONGSEOK SONG]
(PHO IN PSYCHOLOGY, HEAO OF THE "HEART TO HEART" CLINIC)

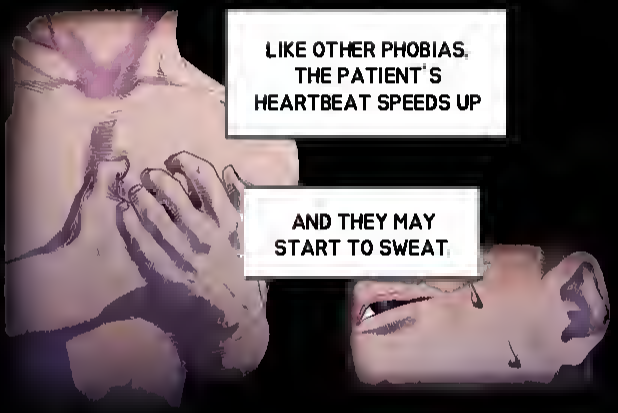
[OASIM NU]
(HEAO OF THE "OASIM NU PSYCHOLOGY ACAOEMY,"
PSYCHOLOGY COLUMNIST)

[GYEONGBO SEO]
(FACULTY IN YONSEI UNIVERSITY
GRAOUATE SCHOOL'S PSYCHOLOGY OEPARTMENT) ET AL.

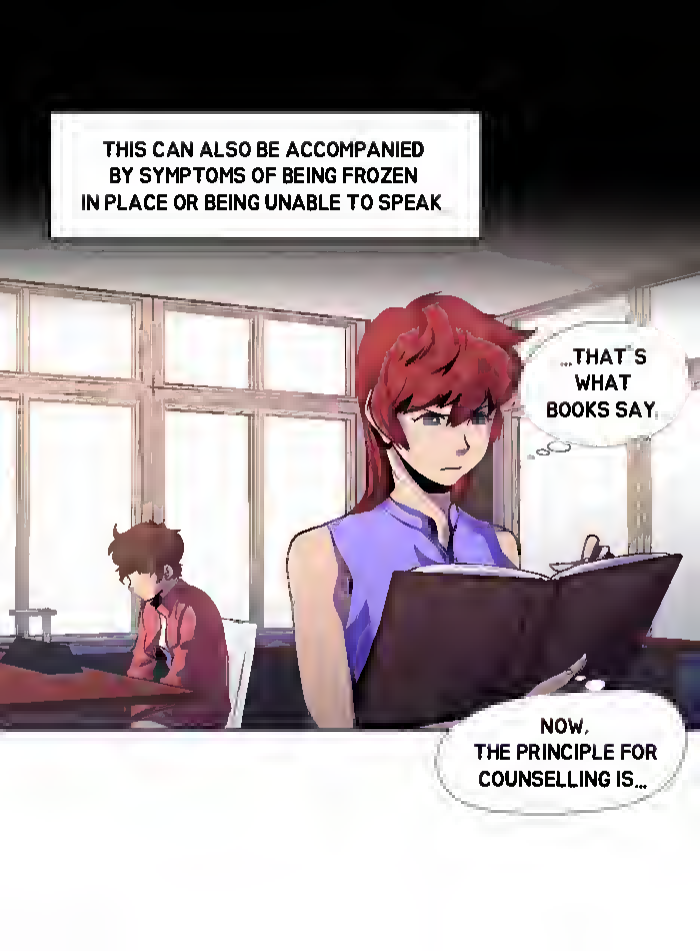

WHEW-
GOOO WORK, JAEON-
THIS IS KNOWN AS (CRITERIA FOR SOCIAL ANXIETY ANO EVASION).
IT'S A SIMPLE QUESTIONNAIRE SO FILL IT OUT BEFORE YOU LEAVE.
OKAY.

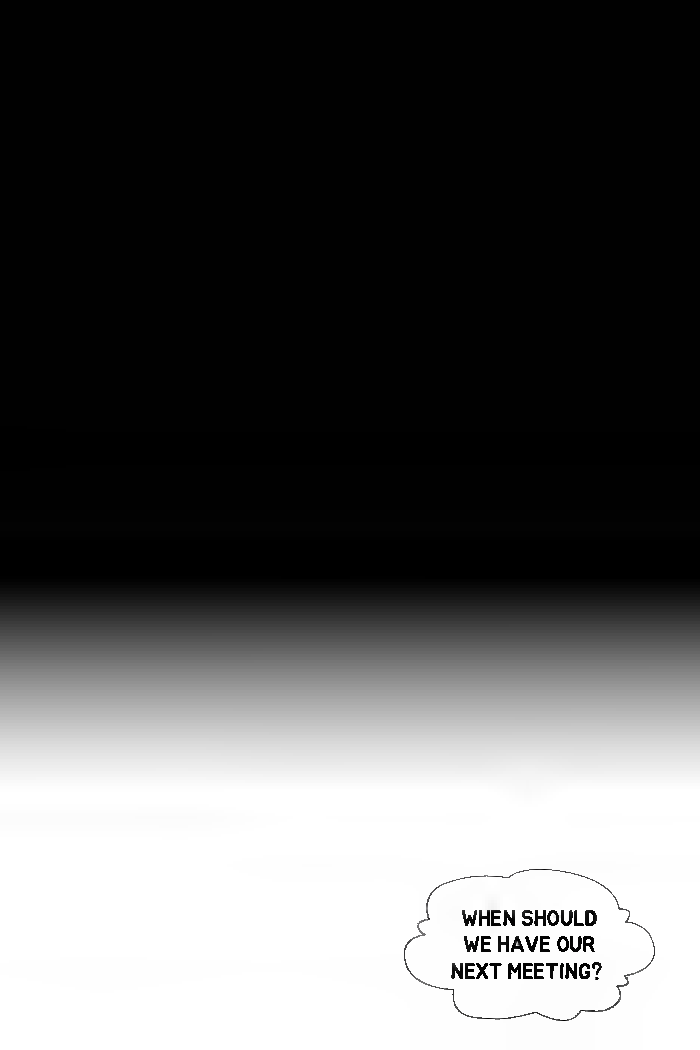
DON'T BE SO SHY!
JUST ASK HER OUT!
AH....
.....I REALLY WANT TOO

WHEN DID YOU START EXPERIENCING THIS ANXIETY?
SINCE I WAS A KID, I'VE ALWAYS BEEN AFRAID OF STANDING IN FRONT OF PEOPLE.
OH YEAH? HAS THERE BEEN A TIME WHEN IT GOT WORSE?


LIKE OTHER PHOBIAS, THE PATIENT'S HEARTBEAT SPEEDS UP
AND THEY MAY START TO SWEAT

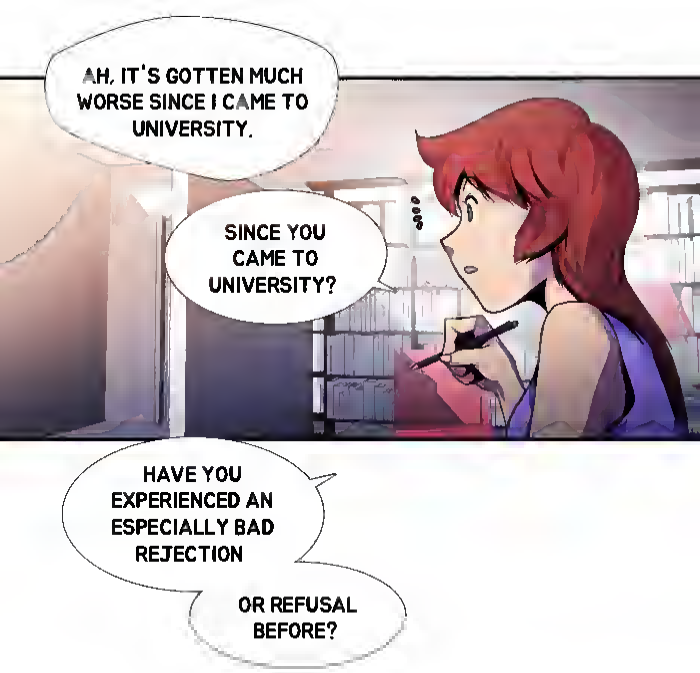
EVERY TIME I TRY TO BE COURAGEOUS IN FRONT OF HER
N-NAYOUNG, TODAY, WOULD YOU LIKE TO-...
UGH...
GRRRR
M-MY STOMACH...


THIS CAN ALSO BE ACCOMPANIED BY SYMPTOMS OF BEING FROZEN IN PLACE OR BEING UNABLE TO SPEAK
...THAT'S WHAT BOOKS SAY.
NOW, THE PRINCIPLE FOR COUNSELLING IS...


WHEN SHOULD WE HAVE OUR NEXT MEETING?

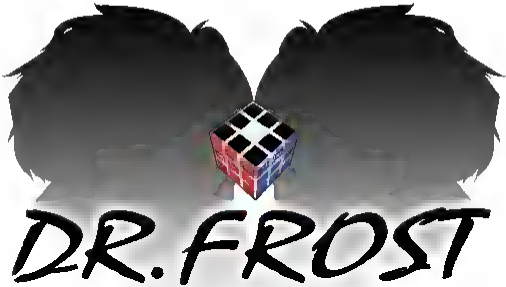
HASN'T JAEON GOTTEN SO WEIRD LATELY?
WELL, HE'S BEEN FAMOUS FOR HIS SHYNESS SINCE OUR FRESHMAN YEAR.
HAHA STILL, IT WASN'T THAT BAD BEFORE.

HEY NAYOUNG, WANNA-..
THEN, I'LL GO IF JAEON OPPA GOES~
JUMP-
!?
HEY! WHAT'RE YOU DOING AFTER CLASS TODAY?
*OPPA- A RESPECTFUL KOREAN TERM USED BY FEMALES TO CALL OLDER MALES SUCH AS OLDER MALE FRIENDS OR OLDER BROTHERS
AH.. S-SHOULD I COME TOO....
A-AFTER CLASS?


AH, IT'S GOTTEN MUCH WORSE SINCE I CAME TO UNIVERSITY.
SINCE YOU CAME TO UNIVERSITY?
HAVE YOU EXPERIENCED AN ESPECIALLY BAD REJECTION
OR REFUSAL BEFORE?

I'VE NEVER ACTUALLY CONFESSED TO A GIRL BEFORE...
AH,
I SEE.

AH!!!
GRRRR
M-MY STOMACH'S RUMBLING AGAIN!!
I-I'D BETTER GET GOING!
S-SEE YOU IN THE NEXT CLASS!
B-BATHROOM...
SWOOSH




BY JONGBEOM LEE

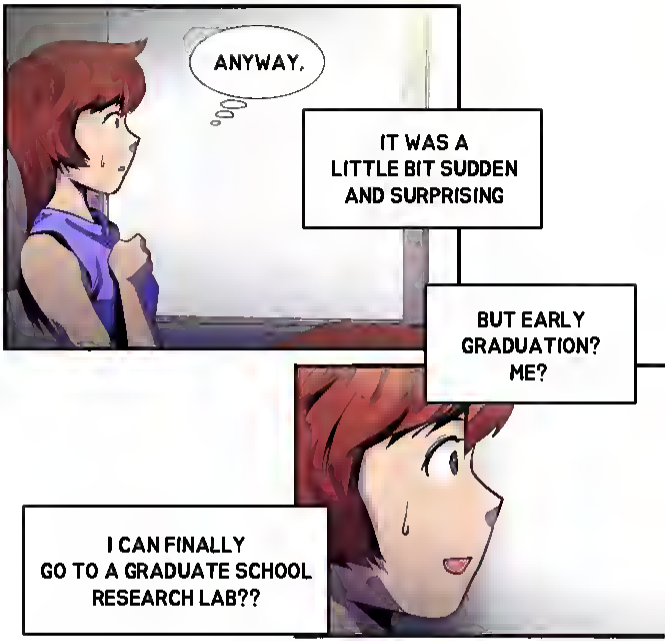
TEN DAYS OF SHY MR. YEON (1)

TO BE CONTINUEO

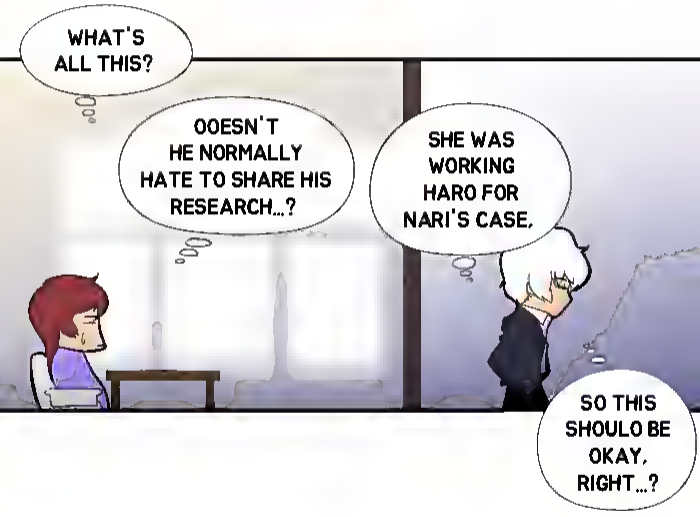
.....

??
AREN'T YOU LEAVING?

I DON'T KNOW ABOUT CLINICAL PSYCHOLOGY.
BUT I HEARD THAT SHYNESS CAN BE TREATED WITH COUNSELLING, SO...
PLEASE HELP ME OUT!!
AH... HAHA WELL, THE PROFESSOR'S AWAY ON BUSINESS TRIP NOW.


ANYWAY,
IT WAS A LITTLE BIT SUDDEN AND SURPRISING
BUT EARLY GRADUATION? ME?
I CAN FINALLY GO TO A GRADUATE SCHOOL RESEARCH LAB??

SO ALL YOU'LL HAVE TO
OO IS YOUR OWN CASE STUOY
ANO WRITE ONE MORE
SHORT OISSERTATION
SHOULD I GIVE IT
A SHOT?


WHAT'S ALL THIS?
OOESN'T HE NORMALLY HATE TO SHARE HIS RESEARCH...?
SHE WAS WORKING HARO FOR NARI'S CASE.
SO THIS SHOULO BE OKAY, RIGHT...?

OF COURSE. THERE ARE ALSO PSYCHOLOGICAL CAUSES FOR IBS..
BUT HAVE YOU BEEN TO A HOSPITAL?
WELL, THAT'S NOT ALL. I'M SO SHY..
SO I CAN'T SPEAK IN FRONT OF PEOPLE..
AND I SHAKE A LOT.

YOU'VE WORKED VERY HARD.
SO FAR, YOU SATISFY ALL THE REQUIREMENTS.
SO ALL YOU'LL HAVE TO DO IS YOUR OWN CASE STUDY AND WRITE ONE MORE SHORT DISSERTATION.
I-I'M A CANDIDATE
FOR EARLY GRADUATION?

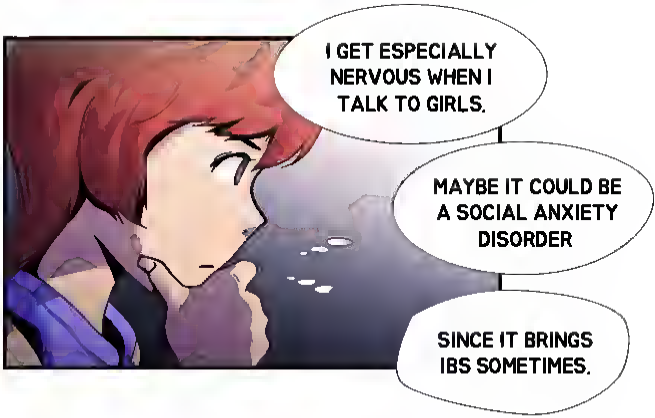
SHE PROBABLY THINKS I'M WEIRD...
OR SOME KIND OF IDIOT.
HM- SEEMS LIKE YOU ARE AN IBS TO ME.
WHAT? IB.. WHAT?
AH, I MEAN [IRRITABLE BOWEL SYNDROME].
AH, YEAH, MAYBE...

B-BUT I'M SO SHY.
AND SINCE I HAD TO RETAKE THE COLLEGE ENTRANCE EXAM I DIDN'T REALLY HAVE ANY FRIENDS.
BUT NAYOUNG WAS THE ONE WHO INCLUDED ME IN HER GROUP.
HEY.
WHY DO YOU ALWAYS EAT ALONE?

HEY JAEON, HOW ABOUT WE TALK A BIT BEFORE I GIVE YOU A TEST?
AH, SURE.
WHEN DO YOU USUALLY FEEL ANXIOUS AND UNCOMFORTABLE?
AH. WELL, WHEN I HAVE TO DO A PRESENTATION
OR TALK TO GIRLS...

T-TOOAY...
I'M OEFINITELY GONNA ASK NAYOUNG TO GO OUT ON A OATE...
JUST ONE QUESTION,
JUST ASK HER THE QUESTION I PRACTICEO ALL OAY YESTEROAY.
"HEY NAYOUNG, WANNA GO ANO GET SOMETHING TO EAT WITH ME?"

AT THE SAME TIME, DR. FROST...
HM?
THIS IS IMPOSSIBLE...!!!
I'M SURE THIS IS WHERE THE ACADEMY WAS!!!


I GET ESPECIALLY NERVOUS WHEN I TALK TO GIRLS.
MAYBE IT COULD BE A SOCIAL ANXIETY DISORDER
SINCE IT BRINGS IBS SOMETIMES.

SOON, IT'LL BE NAYOUNG'S BIRTHDAY
AND I REALLY WANNA TELL HER HOW I FEEL.